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FOR IMMEDIATE RELEASE

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Cal Poly Women's Center Combats Eating Disorders with 'Body Image 05' Events Feb. 22-24

SAN LUIS OBISPO -- The Cal Poly Women's Center will hold its third annual series on healthy body image awareness for both men and women Feb. 22-24.

"Body05," this year's event, aims to support healthy body image and healthy body weight for both men and women, said event organizer Maya Andlig, director of Gender and Sexuality Programs at the university. The series of free "Body05" events includes both serious educational information and events to promote the lighter side to being comfortable in the human body.

Events are free and open to the public; day parking passes are available for purchase at the Information Kiosk at the Grand Avenue entrance to campus. Events schedule includes:

- **Tuesday, Feb 22:**

- Opening Reception: 'Body 05' student art show, 5:30 p.m., University Union Gallery. Student art work focusing on body image and eating issues. Refreshments, live music and a variety of artistic expression.
- "Beauty Norms," 7 p.m., UU Gallery. Discussion led by Psychology Professor Belinda Morrill.

- **Wednesday, Feb 23:**

- The Dangers of Over-exercising, noon to 2 p.m., Child Development (Building 38), Room 226. A free luncheon and workshop for athletes and active students. The program, presented by Erin Camron and Cory Holdsteadt, will cover topics including the dangers of over-exercising and the use and abuse of fitness supplements.

- Comedian Michelle Garb, 7 p.m. in the Orfalea College of Business Rotunda (Room 213). Comedian Michelle Garb, a recovered anorexic, will perform "Fat Brain Skinny Body," a comic take on the dangers of eating disorders, preventative measures and recovery.

o **Thursday Feb 24**

- Nutrition and Body Image Faire, 11 a.m.-1 p.m., University Union Plaza; music by the Kicks. Cal Poly's Peer Health Team will provide booths focused on food issues and nutrition, along with free and healthy giveaways.
- Free Belly Dancing Class with Saundra Sarrouf, 5-6:15 p.m., UU 220. Come discover your inner belly dancer and appreciate your belly!
- Information Session, 5-6 p.m., UU 217 (Women's Center). Speak with Ashley Nelson about eating disorders; get support in a safe, confidential setting.

For details on these and other Body05 events, call the Women's Center at 756-2600.

About Eating Disorders

In the United States, studies estimate seven million women and one million men suffer from an eating disorder, usually developed by age 20. For additional statistics on eating disorders see: www.anad.org, www.renfrew.org, or www.anred.com.

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Editors please note: You are invited and welcome to cover and shoot any of the events except the confidential counseling and information session with Ashley Nelson on Feb. 24.